

GAVISCON LIQUID SACHETS MINT FLAVOUR

Sodium alginate
Sodium bicarbonate
Calcium carbonate

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription. However, you still need to take this medicine carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact a doctor if your symptoms worsen or do not improve after 7 days.
- If any of the side-effects gets serious, or if you notice any side-effect not listed in this leaflet, please tell your doctor or pharmacist.

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1. WHAT ARE GAVISCON LIQUID SACHETS MINT FLAVOUR AND WHAT ARE THEY USED FOR?

Gaviscon Liquid Sachets Mint Flavour belongs to a group of medicines called "reflux suppressants", which form a protective layer on top of the stomach contents to prevent stomach acid escaping from the stomach where it works into the food pipe causing pain and discomfort.

This medicine is used for the treatment of symptoms of gastro-oesophageal reflux such as acid regurgitation, heartburn and indigestion (related to reflux), for example, following meals, or during pregnancy, or in patients with symptoms related to reflux oesophagitis.

2. BEFORE YOU TAKE GAVISCON LIQUID SACHETS MINT FLAVOUR

Do not take Gaviscon Liquid Sachets Mint Flavour

- if you know that you are allergic (hypersensitive) to any of the ingredients of Gaviscon Liquid Sachets Mint Flavour as very rarely difficulty in breathing and skin rashes have occurred (see further information for a full list of ingredients).

Take special care with Gaviscon Liquid Sachets Mint Flavour

- This medicine contains calcium (1.6 mmol) per one sachet dose (10 ml). This medicine contains 142.6 mg sodium (main component of cooking/table salt) in each 10 ml. This is equivalent to 7.13 % of the recommended maximum daily dietary intake of sodium for an adult. If you have been advised to follow a diet restricted in any of these please consult your doctor.
- The maximum recommended daily dose of this medicinal product contains 1140.8 mg sodium (found in table salt). This is equivalent to 57 % of the adult recommended maximum daily dietary intake for sodium. Talk to your doctor or pharmacist if you need this product on a daily basis for a prolonged period, especially if you have been advised to follow a low salt diet.
- Please also talk to your doctor regarding these salt contents if you suffer or have suffered from significant kidney or heart disease, as certain salts could interfere with these diseases.
- If symptoms persist after 7 days, consult your doctor.

Taking other medicines:

Do **not** take this product within two hours of taking other medicines by mouth as it can interfere with the action of some other medicines. This is especially important if you are taking antibiotics (tetracyclines and quinolones such as norfloxacin), iron preparation, antifungals such as ketoconazole, digoxin and beta blockers (for heart conditions), penicillamine (commonly for rheumatoid arthritis), glucocorticoid (for inflammatory and autoimmune disorders), neuroleptics (for mental illness), thyroid hormones, chloroquine (for malaria), estramustine (for prostate cancer) and bisphosphonates (for osteoporosis).

Pregnancy and breast-feeding

You can take this product if you are pregnant or breast-feeding.

Important information about some of the ingredients of Gaviscon Liquid Sachets Mint Flavour

This product contains methyl (E218) and propyl (E216) parahydroxybenzoates which may cause allergic reactions (possibly delayed).

3. HOW TO TAKE GAVISCON LIQUID SACHETS MINT FLAVOUR

For oral administration.

Adults, including the elderly and children 12 years and over: One to two sachets after meals and at bedtime (up to four times a day).

Children under 12 years: Should only be taken on medical advice.

If you take more Gaviscon Liquid Sachets Mint Flavour than you should

If you take too much of this product it is unlikely to cause you any harm. However, you may feel bloated and experience some abdominal discomfort.

Consult your doctor if this doesn't go away.

If you forget to take Gaviscon Liquid Sachets Mint Flavour

If you forget a dose it is not necessary to double the dose next time, just carry on taking as before.

4. POSSIBLE SIDE EFFECTS

Like all medicines, Gaviscon Liquid Sachets Mint Flavour can cause side effects, although not everybody gets them.

If you experience these side effects, stop taking the product and consult your doctor immediately.

Very rare (less than 1 in 10,000) chance of an allergic reaction to the ingredients. Symptoms of this may include skin rash, itching, difficulty breathing, dizziness, or swelling of the face, lips, tongue or throat.

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: "<http://www.mhra.gov.uk/yellowcard>" or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects, you can help provide more information on the safety of this medicine.

5. HOW TO STORE GAVISCON LIQUID SACHETS MINT FLAVOUR

KEEP OUT OF THE REACH AND SIGHT OF CHILDREN

Do not use Gaviscon Liquid Sachets Mint Flavour after the expiry date which is stated on the sachet and carton

{EXP: month/year}. The expiry date refers to the last day of that month.

Do not store above 25°C and store in the original package

Do not freeze or refrigerate.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. FURTHER INFORMATION

What Gaviscon Liquid Sachets Mint Flavour contains

The active substances in each sachet (10 ml) of oral suspension contains 500 mg sodium alginate, 267 mg sodium bicarbonate and 160 mg calcium carbonate. The other ingredients are sodium, carbomer, methyl (E218) and propyl (E216) parahydroxybenzoates, sodium saccharin, sodium hydroxide, natural mint flavour and purified water. This product is sugar free, colour free and gluten free.

What Gaviscon Liquid Sachets Mint Flavour looks like and contents of the pack

The medicinal product Gaviscon Liquid Sachets Mint Flavour is an off-white suspension with the odour and flavour of peppermint.

Gaviscon Liquid Sachets are available in packs of 2, 4, 6, 8, 10, 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32 or 36 sachets.

Not all pack sizes may be marketed.

Product License Holder and Manufacturer

Reckitt Benckiser Healthcare (UK) Limited, Hull, HU8 7DS.

Gaviscon is a trade mark of the RB group of companies

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